

Club Championships 2024 - 04/11/2024 to 17/11/2024**Results - Session 3 Thursday 7th Nov - Mixed 400m IM****Event 301 Girls 11 Year Olds 400 SC Meter IM****Club Champs: 6:30.84 * 2023 Aimee Jones**

	Name	Age	Team	Finals Time
1	Gill, Anya	11	Naswpc	6:49.20
2	Cooper, Ruby	11	Naswpc	8:01.03

Event 301 Girls 12-13 400 SC Meter IM**Club Champs: 5:39.91 * 2016 Flora Perkin**

	Name	Age	Team	Finals Time
1	Frost-Howe, Megan	13	Naswpc	6:33.67
2	Chornenka, Hanna	12	Naswpc	7:35.78
---	Jones, Aimee	12	Naswpc	DQ

8.3 Movements of the legs not simultaneous or alternating movement of legs or feet - fly

Event 301 Women 14-15 400 SC Meter IM**Club Champs: 5:23.09 * 2017 Flora Perkin**

	Name	Age	Team	Finals Time
1	Evans, Evie	14	Naswpc	5:47.64
2	Lithgow, Neve	15	Naswpc	6:00.58
3	Ballard, Sophie	14	Naswpc	6:13.56

Event 301 Women 16 & Over 400 SC Meter IM**Club Champs: 5:25.46 * 2018 Ella Lamont Tuckett**

	Name	Age	Team	Finals Time
1	Throgmorton-Appleby, Erin	20	Naswpc	5:59.87
2	Mckenzie, Desnee-Rose	16	Naswpc	6:15.25

Event 301 Boys 10 Year Olds 400 SC Meter IM**Club Champs: 7:01.13 * 2012 Luke Owen**

	Name	Age	Team	Finals Time
1	Hocking, Barnaby	10	Naswpc	7:09.81

Event 301 Boys 12-13 400 SC Meter IM**Club Champs: 5:22.67 * 2018 Christopher Abel**

	Name	Age	Team	Finals Time
1	Corry, Ethan	13	Naswpc	5:47.71
2	Wilson, Joshua	13	Naswpc	5:54.17
3	Steemson, Seth	12	Naswpc	6:00.80
4	Jones, Henry	12	Naswpc	6:16.30
5	Sheffield, Oscar	12	Naswpc	7:23.24
6	Blakeway, Hayden	12	Naswpc	7:26.84
---	Ritchie, Joseph	13	Naswpc	DQ

8.2 Arms not brought forward simultaneously or arms not brought forward over the water - f

Event 301 Men 14-15 400 SC Meter IM**Club Champs: 5:12.41 * 2018 Nathan Locke**

	Name	Age	Team	Finals Time
1	Blaney, Ewan	14	Naswpc	5:59.45
2	Key, Oliver	14	Naswpc	6:03.07
3	Gardner, Jacob	15	Naswpc	6:13.28

Event 301 Men 16 & Over 400 SC Meter IM**Club Champs: 5:03.75 * 2019 Alec Farquharson**

	Name	Age	Team	Finals Time
1	Cacchione, Robert	20	Naswpc	5:13.81